



Chicken Paillards

Serves 4

Ingredients

- 4 chicken breast halves, (about ½ pound each) tenderloin section removed (I saved them and cooked them the next day in risotto)
- ½ cup olive oil for brushing
- sea salt in a small dish to sprinkle
- ground pepper to sprinkle
- large organic lemon cut into 8 wedges, seeds removed for garnishing the plate

Instructions

Cut parchment into 12-15 inch squares. After removing the tenderloin portion of the chicken breast, place the remaining chicken in a zip lock plastic bag. Pound the meat until it is approximately 1/4 inch thick - this takes some muscle! Remove the breast from the bag, place it on the square of parchment and generously brush the top with olive oil and sprinkle with salt and pepper. Turn the breast to the other side and brush and season the same way. Roll the breast with the parchment on the bottom and make a “log” Repeat with the other chicken breast halves and put the “logs” of parchment onto a plate and refrigerate up to 8 hours before continuing.

In a large sauté pan, heat two tablespoons of olive oil until hot but not smoking. Unroll the breast and lay flat into the fry pan--my pan is large and I could do two breast halves at a time. Sauté for about a minute, turn with tongs to the other side and continuing cooking another minute until slightly brown. If you are doing a multitude of these, you can keep them warm on cookie sheets in a 250 degree oven until you are finished sauteeing and ready to serve.

Dijon Vinaigrette Dressing

Ingredients:

- ½ cup + 1 Tbsp good quality balsamic vinegar
- 2 Tbsp Dijon mustard
- 2 Tbsp sweet onion, bermuda or walla walla
- 2 Tbsp honey
- 2 Tbsp fresh basil leaves
- Sea salt and black pepper to taste
- 1 cup olive oil

Instructions

Add all ingredients except oil to a blender and whirl until well combined and smooth. Slowly add the olive oil to emulsify. Set aside (you will have a lot of this left over, and it keeps in the refrigerator for a month).

Salad Ingredients

- ¾ lb wild greens (I used a half spring mix and half arugula)
- 12 cherry tomatoes, cut in half
- ¼ small red onion, cut into strips
- ¼ English cucumber, unpeeled and thinly sliced

Salad Instructions

Put all salad ingredients in a large salad bowl. Right before serving, drizzle with about ½ cup of dressing and gently coat the salad.

To serve: place about ¼ of the dressed salad on the side of each dinner plate and top with the cooked chicken. Put two lemon wedges alongside and encourage your guests to squeeze the juice onto the chicken before consuming. Bon gusto!!